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Exam 4: NUR257/ NUR 257 (New 2023/ 2024 Update) Aging and Chronic Illness in Nursing Exam | 100% Correct| Grade A - Galen

QUESTION

a home health nurse visits a patient with impaired vision to assess for home safety. further teaching is required when the patient states

Answer:

i will continue to use a shaving razor

QUESTION

predisposing factors for recent dx of macular degeneration

Answer:

genetics smoking

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QUESTION

open angle glaucoma observations (select all)

Answer:

peripheral vision changes mild eye ache
increased sensitivity

QUESTION

the nurse is caring for a patient following a recent cataract surgery. Which should the nurse include in discharge instructions to immediately notify the provider

Answer:

moderate to severe pain

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QUESTION

_Interventions for insomnia and healthy sleep habits

Answer:

Get up at same time each day
Get atleast 7 hrs sleep
Get OOB if don't fall asleep after 20 mins Turn off electronics 30 mins before bed Avoid daytime napping
Melatonin 1-2 hrs before bed (no benzo)

QUESTION

_older adult exercise guidelines (30 mins 5x week)

Answer:

2.5 hrs moderate aerobic
(walk , swim, bike) per week with stretching and balance techniques

QUESTION

_Xerosis (dry skin)

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Answer:

Extreme dry cracked skin

QUESTION

_Xerosis interventions

Answer:

Maintain 60% humidity
Increase fluids
Sponge bathing , tepid water
Apply topical creams to damp skin immediately after bathing

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